



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
in-crease communication
skills • expand knowl

edge • lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer
places for social interaction • diminish gang violence •
teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Winter 2014 Program Guide

Special Events



The Wizard's School of Magic

Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a

master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform the tricks at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Wednesday, 1/22, 3:30 – 4:30 p.m. HHES Room

Hocus Pocus – Magic Workshop 2:

Wednesday, 2/19, 3:30 – 4:30 p.m. HHES Room

Presto – Magic Workshop 3:

Wednesday 3/19, 3:30 – 4:30 p.m. HHES Room

Tom O'Brien's Magic Show

Looking for a fun way to spend some time with your children on a day off from school? Join us for a Comedy Magic Show by Tom O'Brien. Tom has delighted children at our summer camp program, and is also the instructor of our ever-popular magic workshops. This performance is age appropriate for children 3 – 10, and will be held in the gym of Whisconier Middle School, 10:00 – 10:45 a.m. This event is free with no pre-registration required. We look forward to seeing you there!

Day: Thursday

Time: 10:00 a.m.

Date: 2/13

Place: WMS Gym

Fee: Free



Afternoon of Ice Skating at Danbury Ice Arena

Join us and your friends and neighbors for an afternoon of ice-skating at the Danbury Ice

Arena! We've rented out one of the rinks from 1:00 – 2:30 p.m. for an afternoon of fun! Skate rentals are included for those who need them, but please bring your own if you can. We encourage you to bring bike helmets from home, too. (We're told that bike helmets work great for ice-skating!)

Light refreshments will be served. There is no charge for this event, but you must pre-register, as we can only accommodate up to 250 people. Please plan to arrive at the Ice Arena by 12:30 p.m. to make sure that you get your skates laced up and can enjoy your full time on the ice!

Day: Sunday

Time: 1:00 – 2:30 p.m.

Date: 3/2

Place: Danbury Ice Arena

Fee: Free

15th Annual Flashlight Egg Hunt

Just for students in grades 3 – 5! The hunt will be held on the grounds of Town Hall at 8:00 p.m. sharp, and will last approximately

20 minutes. All participants must bring their own flashlights. Bags will be provided for collecting. Call the Parks & Recreation Office to pre-register. Cost is \$1.00 per student. Pay on the evening of the hunt in front of the Town Hall.

Day: Friday

Time: 8:00 p.m.

Date: 4/11

Fee: \$1.00

Special Events, continued



18th Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, April 12. Additional features include a jellybean counting contest, and a special appearance by the Easter Bunny. Bags will be provided for egg collecting. Call the Parks & Rec.

Office to pre-register. Cost is \$1.00 per child. Pay on the day of the hunt in the lobby of Town Hall. Rain date is Sunday, April 13.

Age Divisions:

Under 3 at 12:00 p.m.

3- 4 year olds at 12:15 p.m.

5 - 6 year olds at 12:30 p.m.

7 - 8 year olds at 12:45 p.m.

Day: Saturday

Time: See above

Date: 4/12

Fee: \$1.00

Get out of Town



New ~ Lighthouse Cruise, Narragansett Bay

Once we arrive in North Kingston, RI we'll enjoy a wonderful Sunday Brunch Buffet at the Quiddnessett Country Club.

(Menu includes fruit salad, breakfast pastries, scrambled eggs, sausage and bacon, home fries, Texas French toast, chicken francese, penne, vegetable and beverage.) Then we'll board a state of the art Catamaran for a 90 minute narrated cruise of Narragansett Bay including 10 famous lighthouses along the coastline, 10 incredible islands, sailing under the Jamestown and Newport Bridges and Newport Harbor. Following the cruise you'll have time on your own to explore the lovely village of Watch Hill, RI on Block Island Sound. Leave from Brookfield Town Hall at 7:00 a.m., and arrive back in Brookfield at 7:00 p.m. Fee of \$96.00 includes deluxe coach bus transportation, brunch, cruise and gratuities.

Day: Sunday

Date: 6/1

Time: 7:00 a.m. departure

Fee: \$96.00

New ~ Metropolitan Museum of Art

The Metropolitan Museum of Art is one of the world's largest and most important art museums. Housing an enormous permanent collection, "The Met" with its tall columns and windows, immense stairways and water fountains looks like it could be a palace. The size and diversity of the artwork on display is even more impressive; the museum's collection contains work from every part of the world, spanning the Stone Age to the twentieth century. Spend the day at the museum, grab a bite to eat at one of the museum cafés or enjoy the city on your own. Across the street is New York's Central Park, always a center of activity in the spring. Leave Brookfield at 8:30 a.m., leave NYC at 5:00 p.m. Fee of \$69.00 includes coach bus transportation, driver gratuity and museum admission.

Day: Sunday

Date: 5/4

Time: 8:30 a.m. departure

Fee: \$69.00



Health Insurance Marketplace

Connecticut's Official Health Insurance Marketplace

Do you have questions about the new Health Insurance Marketplace? Will you have to sign up or are you exempt? Come learn more about these plans and your options from certified Assistants. This free program is presented by Brookfield Social Services. They will provide information only, no sales. Pre-registration is requested by calling Parks & Recreation at 775-7310 as a limited number of people can be accommodated. Can't make this class? Call (203) 775-7312 to request a one-on-one appointment with a certified Access Health Assistant.

Day: Thursday Time: 7:00 – 8:00 p.m.

Date: 1/23 (1 wk) Fee: Free

Place: Senior Center

The ABC's of Photo Organizing

Are you overwhelmed with your photos? Are you not sure what to do with them? We can help! This class will help you organize, plan and give you tips to preserve your memories to pass on to your children and grandchildren. Linda and Sharon are certified photo organizers with APPO (Association of Personal Photo Organizers). Bring in a box of your photos and get started today!

Day: Wednesday Time: 7:00 – 8:30 p.m.

Date: 2/5 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm

Instructors: Sharon Gialo and Linda Thomas

Digital and Film Photography

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice and develop your skills. Plus this season we'll examine what your smart phone camera can do. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Tuesday Time: 7:00 – 9:00 p.m.

Dates: 1/28 – 2/25 (5 wks)

Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

Fee: \$70.00



Click, Load & Print

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home

printer or an online lab. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual. This season we are offering one session just for Mac users, the other for Windows users since the operating systems are so different.

Session 1 for Mac Users: Monday, March 3

Session 2 for Windows Users: Monday, March 10

Time: 7:00 - 9:00 p.m. Fee: \$25.00/session

Place: BHS Computer Lab

Instructor: Mary Ann Kulla

Photoshop - Individual Training

Have you been struggling to improve your photos with **Photoshop Elements** or some version of **Photoshop**? Are you encountering lots of frustration? If so, this is your opportunity to sit down with an experienced Photoshop user - with at most one other student - to identify and move beyond your current roadblocks. Bring your laptop with images that you'd like to work on, or use the Brookfield High School computers. Since this will be individualized instruction, we can focus on your unique interests. We'll cover whatever topics you'd like to experiment with: tools, selections, pallets, layers, actions or giving your images a unique tonality. Take the next step towards realizing your creative vision!

Day: Monday

Time: 7:00 - 9:00 p.m.

Date: 2/24 (1 wk)

Fee: \$75.00

Place: BHS Computer Lab

Instructor: Mary Ann Kulla

iPhone Photography

The 8 megapixel iPhone 4, 5 and 5S can take great pictures. Since you have the phone with you all the time, you will be more likely to use it than a complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the phone, as well as test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera.

Day: Monday

Time: 7:00 – 9:00 p.m.

Date: 2/3 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

New ~ Tune in to your iPhone

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will explain how to browse for the music you like, create a playlist, display the lyrics and even use Siri for voice commands to manage playback. We'll also touch on podcasts and iTunes Radio. You'll leave class able to do the same things your teenager does. Please come in knowing your Apple ID and password, so that you can download a song or two for practice.

Day: Monday

Time: 7:00 – 9:00 p.m.

Date: 1/27 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

iPhone Introduction

Do you have an iPhone and are overwhelmed by all it can do? Dawn DeCosta of Tech Savvy brings her Apple experience to Brookfield. Learn the basics about the iPhone - obtain a better understanding of iCloud, FaceTime and all the amazing Apps that make the iPhone so much fun! All participants must have a charged, working device and know their Apple ID and password.

Day: Monday

Time: 7:00 – 8:00 p.m.

Date: 2/24

Fee: \$25.00

Place: Town Hall Meeting Room

iPad Basics

Do you own an iPad and are still struggling with it? Dawn DeCosta of Tech Savvy makes technology work for you! In this class, you will learn the basics of the iPad - using the App Store, iCloud and some tips and tricks to make your iPad even more amazing. All participants must have a charged, working device and know their Apple ID and password.

Day: Monday Time: 7:00 – 8:00 p.m.

Date: 2/10 Fee: \$25.00

Place: Town Hall Meeting Room

New ~ iPad For Seniors

In this hands-on class, Dawn DeCosta from Tech Savvy will teach the basics about the iPad, using Apps to download games, songs and books, learn about iCloud and FaceTime. All participants must have a charged, working device and know their Apple ID and password. Limited to 5 participants.

Day: Monday Time: 10:00 – 11:00 a.m.

Date: 2/10 Fee: \$15.00

Place: Senior Center

A Woman's Guide to Money Matters

Discuss from a woman's point of view; paying for a child's educational expenses and preparing for and living in retirement.

Day: Thursday Time: 5:30 – 6:45 p.m.

Date: 1/30 Fee: \$10.00

Place: Edward Jones, 304 Federal Road, Brookfield

Healthcare and Your Retirement

Discuss Medicare coverage and traditional medical expenses, long term medical care expenses and strategies for addressing uncovered expenses.

Day: Tuesday Time: 5:30 – 6:45 p.m.

Date: 2/18 Fee: \$10.00

Place: Edward Jones, 304 Federal Road, Brookfield

Social Security, Your Questions Answered

Discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.

Day: Thursday Time: 5:30 – 6:45 p.m.

Date: 3/6 Fee: \$10.00

Place: Edward Jones, 304 Federal Road, Brookfield

The Beginners Guide to Saving for Wealth

For young adults age 17-25 years old only. Want to understand one way it may be possible for you, like many others, to become wealthy through investing? Learn from a local Financial Advisor with 26 years of experience about the value of saving money on a regular basis and what it will mean to your future. The historical performance of the stock market and mutual funds will be discussed with handouts provided.

Session 1: Thursday, February 20 and February 27 (2 wks)

Session 2: Tuesday, March 4 and March 11 (2 wks)

Time: 6:30 – 7:30 p.m. Place: Town Hall Meeting Room

Fee: \$10.00/session

Instructor: John L. Hooker, CFP®, Managing Director – Investments WELLS FARGO ADVISORS

The Keys to Happiness: An Introduction to Positive Psychology

Come learn about the Keys to Happiness. This is an introductory session to the new field of Positive Psychology, based on the teachings of Dr. Martin Seligman, from the University of PA and the founder of Positive Psychology. Join Marianne Seeber of Pathways Counseling of CT for this workshop to discover YOUR Essential Elements for Well Being and your Pathway to Happiness.

Day: Tuesday Time: 7:00 – 8:30 p.m.

Date: 2/4 Fee: \$20.00

Place: Town Hall Meeting Room

Resiliency: An Introduction to the Science of Flourishing

This session we'll discuss the importance of our "remaining teachable" and developing a "Growth Mindset", gaining and maintaining optimism for our future, along with exploring the Science of Gratitude. Join Marianne Seeber, psychotherapist at Pathways Counseling of CT, for this workshop and learn how to foster resiliency in your life.

Day: Tuesday Time: 7:00 – 8:30 p.m.

Date: 2/25 Fee: \$20.00

Place: Town Hall Meeting Room

Mediterranean Vegetable Cooking 101

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients.

Classes will be conducted as a combination demonstration and hands-on workshop. Each night you'll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you'll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Session 1: Wednesdays, 6:30 – 8:30 p.m.

Dates: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: Mondays, 6:30 – 8:30 p.m.

Dates: 3/10, 3/17, 3/24, 3/31 (4 wks)

Place: BHS Culinary Arts Room #204

Fee: \$82.00/session

Mediterranean Vegetable Cooking 201

This program will elaborate on the skills learned in Cooking 101 as participants prepare three recipes each evening using a variety of different vegetables. In order to participate in this session, you must have already taken Cooking 101.

Session 1: Mondays, 6:30 – 8:30 p.m.

Dates: 1/27, 2/3, 2/10, 2/24 (4 wks)

Session 2: Wednesdays, 6:30 – 8:30 p.m.

Dates: 2/26, 3/5, 3/12, 3/19 (4 wks)

Place: BHS Culinary Arts Room #204

Fee: \$82.00/session

Beginners Bridge

Participants will learn the basics of bridge. We'll begin with the counting of the points and following with the bidding and playing of the hand. Much of the time will be spent in playing actual hands.

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Dates: 1/21 – 3/4 (7 wks) Fee: \$63.00
 Place: Senior Center Instructor: Irv Agard

Red Cross CPR/AED for Lay Responders

This course covers CPR for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios.

Additionally, this course also includes training in using an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes two year Red Cross certification.

Day: Saturday Time: 2:00 – 6:00 p.m.
 Date: 1/25 Fee: \$50.00
 Place: Town Hall Meeting Room
 Instructor: Jerry Kochman

Red Cross First Aid for Lay Responders

Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification.

Day: Saturday Time: 2:00 – 6:00 p.m.
 Date: 2/15 Fee: \$50.00
 Place: Town Hall Meeting Room
 Instructor: Jerry Kochman

Red Cross CPR/First Aid Re-Certification for Lay Responders

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes Red Cross certification following successful completion. Register for either CPR, First Aid or both.

Day: Saturday Date: 3/1
 CPR Recert: 2:00 – 4:00 p.m.
 First Aid Recert: 4:00 – 6:00 p.m.
 Place: Town Hall Meeting Room
 Instructor: Jerry Kochman
 Fee: \$35.00 for one certification, \$55.00 for both

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE State mandated adult education services to adults 17 years of age and older who live in Brookfield and surrounding towns. For more information about these services, contact:

WERACE 203-797-4731
 10 Crosby Street, Danbury, CT 06810
<https://sites.google.com/a/danbury.k12.ct.us/werace/>

Please note all Adult Education classes included in this program guide are provided by the Brookfield Parks & Recreation Department. Questions and registrations should be directed to us at 203-775-7310.

We are pleased to be offering a variety of programs with our friends at SOUND, A Center for Music, Creative Arts & Mindfulness. SOUND is located in the historic Hawleyville Chapel, just over the Brookfield/Newtown border at 31 Hawleyville Road in Newtown. For information about other classes available or to learn more about their instructors, we encourage you to visit their website at www.soundcenterarts.com.

Mindful Based Stress Reduction (MBSR)

Do you want to live a more engaged and balanced life? There is a way of being and doing that allows you to live life more fully through the practice of mindfulness. Mindfulness is a human quality, a way of learning to pay wise attention to what is happening in the present moment, with non-judgmental awareness. Mindfulness Based Stress Reduction (MBSR) developed by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center is an evidence-based, structured complementary medicine and wellness program that uses mindfulness as a way of learning to tap into your inner resources, empowering you to respond rather than react to stress, pain and illness. In addition to the eight weekly classes listed below there is a Saturday Retreat on February 22 from 12:00 – 5:00 p.m. included. Free introductory session on January 6 from 6:30 – 8:00 p.m. if you would like to learn more before registering.

Day: Monday Time: 6:30 – 8:30 p.m.
 Dates: 1/13 – 3/3 (8 wks) Fee: \$295.00
 Place: SOUND, 31 Hawleyville Road, Newtown
 Instructor: Sheila Wall

New ~ Manifesting our Own Miracles

Tap into the Real magic of our lives with this 6 week workshop. Find out what ignites your fire, deeply fulfills you and brings you peace and bliss. You will be introduced to the **numerology** of your life, the **sound vibrations** of your soul, music and many other creative & magical tools to help you let go co-create, and manifest your own miracles in 2014. Bring your willingness to create and have fun exploring the endless possibilities within yourself. Bring a mug for tea, as we will try a new herbal tea each week. Meditation CD included.

Day: Tuesday Time: 7:30 – 8:30 p.m.
 Dates: 1/21 – 2/25 (6 wks)
 Fee: \$125.00 at registration, \$10 materials fee at first class
 Place: SOUND, 31 Hawleyville Road, Newtown
 Instructor: Jennifer Zulli

Psychic Development for Beginners

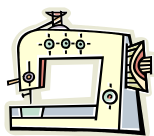
In this 6 week class you will learn to develop your intuitive ability to see auras, spirits, and the universal energy surrounding us all. You will be introduced to channeling energy with intuitive drawing and accessing the realms of the past and present while connecting with your spirit guides. You will also learn to increase the ability to access your higher expanded self on demand and use your intuition/psychic senses in your everyday life.

Day: Thursday Time: 7:30 – 8:30 p.m.
 Dates: 1/23 – 2/27 (6 wks) Fee: \$127.00
 Place: SOUND, 31 Hawleyville Road, Newtown

Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this class fun, educational and inspiring. New this session, Victoria Lange will be leading three workshops during the eight week session. In the first workshop participants will create a monochromatic painting using the skills of lightening with water, darkening with black and neutralizing with complimentary colors to create a variety of moods. The second workshop features a complimentary painting, working with value and intensity. The last workshop features an analogous painting, working with closely related colors on the color wheel. Please ask for a materials list when registering (approximate cost \$80).

Day: Thursday Time: 5:45 – 7:45 p.m.
 Dates: 1/23 – 3/13 (8 wks) Instructor: Victoria Lange
 Place: Senior Center Craft Rm. Fee: \$88.00



Beginning Sewing

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background.

The first class will meet at Joanne's Fabrics in Brookfield where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Over the next five weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 to allow for lots of individual attention.

Day: Tuesday Time: 6:00 – 8:00 p.m.
 Dates: 2/4 – 3/11 (6 wks)
 Place: WMS Room 1515 Instructor: Karen Ryavec
 Fee: \$90.00

New ~ Sewing II

If you have taken the beginner's sewing class or have some knowledge of sewing construction and how to operate a sewing machine, this is the class for you! Each individual will choose a project based on their interests and what sewing techniques they would like to master. You will need to purchase all of your supplies and bring them with you to class on the first night ready to begin. (The instructor is happy to answer any questions and provide guidance prior to the student purchasing their pattern, fabric and supplies.)

Day: Wednesday Time: 6:00 – 8:00 p.m.
 Dates: 2/5 – 2/26 (4 wks)
 Place: WMS Room 1515 Instructor: Karen Ryavec
 Fee: \$60.00

Train for a 5K



Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High

School track. (Come dressed to run and bring a water bottle.) We will train together on Saturdays (each person going at their own pace) and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. This program will prepare you for the Mother's Day 5K on Sunday, May 11, 2014. (Race registration is included in the fee.) All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Day: Saturday Time 8:00 – 9:00 a.m.
 Dates: 4/5 – 5/10 (6 wks)
 Place: Brookfield High School Track
 Fee: \$70.00

How to Create and Maintain a Fitness Plan

There is so much information on health and fitness today, that it can become very confusing. Having a specific training plan is very important, otherwise going to the gym can be frustrating and inefficient. How do you know what you should be doing? All cardiovascular exercise, (walking, running, elliptical training, etc.) or strength training with machines, or free weights, spin class or pilates? What about Crossfit? Just thinking about it can stop you from going to the gym. Come to a free lecture and learn how to design a fitness plan that will work for YOU. Learn how to develop a strategy to get you into the gym, or outside, and keep you going back until you reach your goals. Join Cassie Dunn, a NASM Certified Personal Trainer, and learn how fitness can fit into your life and work for you. Pre-registration required by calling Parks & Rec. at 775-7310.

Day: Wednesday Time: 7:00 p.m.
 Date: 2/5 Fee: Free
 Place: No Limit Health and Fitness, 1120 Federal Road

Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again. Beginners are welcome – no experience necessary!

Day: Monday Time: 7:00 – 8:00 p.m.
 Dates: 1/27 – 3/31 (9 wks) – no class 2/17
 Place: Center School Gym Instructor: Dolly Pinto
 Fee: \$75.00

Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 6:30 – 7:30 p.m.
 Dates: 1/21 – 3/11 (8 wks) Fee: \$75.00
 Place: Center School Gym Instructor: Phyllis Babuini

Why Weight?

Don't be daunted by preconceived perfectly fit images. Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring a set of weights (1,3 or 5 pound is recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:30 – 7:30 p.m.
 Dates: 1/23 – 3/27 (8 wks) – no class 2/13, 3/20
 Place: Center School Gym Fee: \$75.00
 Instructor: Phyllis Babuini

Goddess Bellydance

No dance experience necessary! ALL women age 18 and up are invited to unlock the mystery and secrets of this ancient feminine dance. Bellydance will guide you in exploring your sensual, powerful and beautiful self and will enable you to embrace the amazing woman living within yourself. The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly, and building your core strength).

Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday Time: 8:00 – 9:00 p.m.
 Dates: 1/15 – 2/19 (6 wks) Fee: \$102.00
 Place: SOUND, 31 Hawleyville Road, Newtown

Self-Defense for Women

Women age 18 and over will learn potentially life-saving techniques to avoid and/or escape an attack or assault. Girls age 12-17 are also welcome to participate if registered and accompanied by a parent or guardian. Instructor Clinton Murphy is a 5th degree blackbelt in Kun Tao and specializes in practical self-defense.

Day: Wednesday Time: 7:00 – 8:00 p.m.
 Session 1: 2/5 – 2/26 (4 wks)
 Session 2: 3/5 – 3/26 (4 wks)
 Place: Academy of Fighting Arts, 457 Federal Rd. Unit C
 Fee: \$50.00/session

The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS! Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again. We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than January 17 and expect to begin the week of January 20.

Fee: \$199.00

Place: No Limit Health & Fitness, 1120 Federal Rd.



Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive a free two week gym pass to No Limit.

Day: Tuesday Time: 9:15 – 10:15 a.m.
 Dates: 1/21 – 3/11 (8 wks) Fee: \$90.00
 Place: No Limit Health & Fitness, 1120 Federal Rd.

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free two week gym pass to No Limit.

Day: Friday Time: 9:15 – 10:00 a.m.
 Dates: 1/24 – 3/14 (8 wks) Fee: \$90.00
 Instructor: Abi Scudder
 Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free two week gym pass to No Limit.

Day: Thursday Time: 9:15 – 10:15 a.m.
 Dates: 1/23 – 3/13 (8 wks) Fee: \$90.00
 Place: NO LIMIT Health and Fitness, 1120 Federal Road

Adult Fitness, continued



Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this!

Choose any class on any day January 20 through March 15 for unlimited spinning for \$90.00. Just pre-register for each class at NO LIMIT Health and Fitness (775-8548). BABYSITTING AVAILABLE! Everyone who registers for Unlimited Cycling will receive a free two-week gym pass. NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes. Choose from any of the following class sessions:
Monday, 9:30 – 10:30 a.m. with ABS & ARMS!
Tuesday, 6:30 – 7:30 p.m.
Thursday, 6:30 – 7:30 p.m.
Saturday, 9:15 – 10:15 a.m.

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$60.00 or pay \$5.00

nightly at the door. Passes will not be sold after 12/16 and no credit for nightly passes will be given. Open Gym is canceled on 12/23, 12/30, 1/20, 2/17 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/11/13 – 3/24/14 Place: BHS Gym

Fee: \$5.00/night or \$60.00/season pass

Open Volleyball

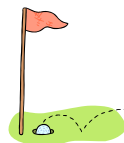
Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$60.00 or pay \$5 nightly at the door. Passes will not be sold after 12/18 and no credit for nightly passes will be given. Open gym is canceled on 12/25, 1/1, 3/12 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/6/13- 4/9/14 Place: WMS Gym

Fee: \$5.00/night or \$60.00/season pass

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed. Fee is \$120.00 for any one month (four classes). Classes meet 6:00–7:00 p.m.

January (Monday) – 1/6, 1/13, 1/20, 1/27

February (Thursday) – 2/6, 2/13, 2/20, 2/27

March (Wednesday) – 3/5, 3/12, 3/19, 3/26

Women Only Classes (Beginner)

January (Tuesday) – 1/7, 1/14, 1/21, 1/28

February (Wednesday) – 2/5, 2/12, 2/19, 2/26

March (Monday) – 3/3, 3/10, 3/17, 3/24

Senior Golf League – 55+

This golf league entering its fifth season provides men and women age 55 and over the opportunity to have fun playing with friends old and new at Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, May 6 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes and a variety of formats will keep play fresh all season. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$10 – \$30 in 2013.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid 1 week before your first match. Complete details will be available in late March on our website www.brookfieldct.gov/rec.

Youth Employment Program

Pretty soon snow is going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and shoveling, but raking, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfieldct.gov or call 775-7310.

Tots Activities

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 5 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class.

Day: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 1/29, 2/5, 2/12, 2/19 (4 wks)

Session 2: 3/5, 3/12, 3/19, 3/26 (4 wks)

Place: Congregational Church Room 3/4

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 1/31, 2/7, 2/21, 2/28 (4 wks)

Session 2: 3/14, 3/21, 3/28, 4/4 (4 wks)

Place: Congregational Church Room 3/4

Instructors: KidsFit Fee: \$87.00/session

Learn to Ice Skate for Tots



Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper

way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 2/26 – 4/9 (7 wks)

4:00- 4:30 p.m. Fee: \$126.00

Session 2: Saturday, 3/1 – 4/12 (7 wks)

11:00 – 11:30 a.m. Fee: \$126.00

Session 3: Sunday, 2/23 – 4/6 (7 wks)

1:20 – 1:50 p.m. Fee: \$126.00

Place: Danbury Ice Arena, 1 Independence Way

Tumbling Tots

Tumbling Tots class follows a curriculum designed to develop self-esteem, strength, flexibility, gross motor skills, and improve your child's overall physical fitness level. This program is open to boys and girls age 2 - 4 without their parent or caregiver participating.

Day: Tuesday Time: 9:30 - 10:15 a.m.

Session 1: 2/4, 2/11, 2/18, 2/25 (4 wks)

Session 2: 3/11, 3/18, 3/25, 4/1 (4 wks)

Place: Spirit Evolution & Athletics Training Center LLC

Instructor: Erica Rendino Fee: \$49.00/session

Tots Activities, continued

Stretch & Glow Yoga Ages 3-6

This class introduces yoga in a way that is playful, imaginative and just right for preschool/Kindergarten! The children's busy imaginations will lead us on exciting yoga adventures. We will visit the jungle to learn Lion Pose, travel to the Arctic for Polar Bear Pose or spend a day at the beach learning Fish and Crab Pose. We will focus on crossing the midline, building core strength, improving balance and releasing energy! This is a drop-off program.

Day: Tuesday

Time: 1:45 – 2:45 p.m.

Session 1: 1/14 – 2/18 (6 wks)

Session 2: 3/4 - 4/8 (6 wks)

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith Fee: \$90.00/session

Story Time Yoga

Especially created for children under age 5 and their caregiver, children's stories and songs will come to life as we read and sing about animals and other nature elements that relate to yoga poses. Children and caregivers will be invited to try each pose and then we will continue on with our song or story. This is a fun and relaxed environment, perfect for introducing the youngest yogis to the joys of reading, singing and yoga! Sibling discounts are available.

Day: Thursday

Time: 9:30 - 10:30 a.m.

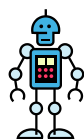
Session 1: 1/16 – 2/20 (6 wks)

Session 2: 2/27 – 4/3 (6 wks)

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$120.00

Center After School



Legos in Motion

Calling all Lego enthusiasts and builders to this program for students in grades K and 1. We'll put fun in motion as students learn how to use wheels and axles, gears, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. Different models will be built in different sessions.

Session 1: Fridays: 1/24, 1/31, 2/7, 2/21, 2/28 (5 wks)

Session 2: Thursdays: 3/6, 3/13, 3/27, 4/3, 4/10 (5 wks)

Place: Center School Room Time: 3:30 – 4:45 p.m.

Fee: \$95.00



Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Session 1: Tuesday, 3:30 – 4:30 p.m.

Dates: 1/21 – 3/11 (8 wks)

Instructors: Grant Nygaard and Brianna Gianfranceschi

Session 2: Thursday, 3:30 – 4:30 p.m.

Dates: 1/23 – 3/27 (8 wks) – no class 2/13, 3/20

Instructors: Grant Nygaard and Brianna Gianfranceschi

Place: Center School Gym Fee: \$40.00/session

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Session 1: Monday, 3:30 – 4:30 p.m.

Dates: 1/27 – 3/24 (8 wks) – no class 2/17

Instructors: Dane Heckmann and Brianna Gianfranceschi

Session 2: Friday, 3:30 – 4:30 p.m.

Dates: 1/24 – 4/4 (8 wks) – no class 2/14, 3/14, 3/21

Instructor: Grant Nygaard

Place: Center School Gym Fee: \$40.00/session

Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 1/22 – 2/26 (6 wks)

Place: Center School Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach

**Get into the Kitchen**

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Recipes will be duplicated in both the

Wednesday and Thursday classes but do change every session. Classes meet in the Center School Pre-School Room, 3:30 – 4:30 p.m. Fee is \$48.00/session. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Wednesday Instructor: Ann Salinger

Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 2/26, 3/5, 3/12, 3/19 (4 wks)

Day: Thursday Instructor: Ann Salinger

Session 1: 1/23, 1/30, 2/6, 2/20 (4 wks)

Session 2: 3/6, 3/13, 3/27, 4/3 (4 wks)

**Little Dragons**

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time 3:30 – 4:00 p.m.

Dates: 1/30 – 2/27 (4 wks) – no class 2/13

Instructor: Zandri's Martial Arts Fee: \$28.00

Place: Center School Cafeteria

Stretch & Glow Yoga I ages 6-10

This class introduces more challenging yoga poses and yoga games in a playful and supportive atmosphere. We will focus on balance, coordination and flexibility as we practice holding poses for a longer period of time. Children will learn breathing exercises that can help them maintain focus and self-control during their busy school days.

Day: Tuesday

Time: 4:45 – 5:45 p.m.

Session 1: 1/14 – 2/18 (6 wks)

Session 2: 3/4 - 4/8 (6 wks)

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith

Fee: \$90.00/session

Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 1/23, 1/30, 2/6, 2/20, 2/27 (5 wks)

Session 2: 3/13, 3/27, 4/3, 4/10, 4/24 (5 wks)

Place: Center School Art Room

Fee: \$86.00/session

New ~ Kindergarten Enrichment and Fun!

This enrichment program is designed to help children advance in the skills they need to master in Kindergarten. This class is taught by a CT certified teacher whose focus is on teamwork and increasing each child's self-confidence. Children will have a blast and learn at the same time! They will play twister and go fishing to practice number recognition, they will play bingo and memory to practice their sight words, they will work as a team to complete phonics puzzles and addition puzzles, and they will engage in many more learning activities. Class size is limited to 8 children to allow for individual attention. Please have your child bring a snack and drink each week.

Day: Monday

Time: 12:50 – 2:00 p.m.

Session 1: 1/27, 2/3, 2/10, 2/24 (4 wks)

Session 2: 3/10, 3/17, 3/24, 3/31 (4 wks)

Place: Center School Room B-1

Instructor: Angela Termotto

Fee: \$50.00/session

Kids are Cooking

Students in grades 2 through 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Some of the recipes may include: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, BLT Panini with cheese, or ice cream. We'd share others with you, but are getting too hungry as it is! Please make us aware of any food allergies or cultural restrictions when registering.

Day: Monday Time: 3:30 – 4:30 p.m.

Session 1: 1/27, 2/3, 2/10, 2/24 (4 wks)

Session 2: 3/10, 3/17, 3/24, 3/31 (4 wks)

Day: Tuesday Time: 3:30 – 4:30 p.m.

Session 1: 1/28, 2/4, 2/11, 2/18 (4 wks)

Session 2: 3/4, 3/11, 3/18, 3/25 (4 wks)

Place: HHES Art Room Fee: \$48.00/session

Instructor: Ann Salinger

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 through 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Now in a new location, C.A.C.T.U.S Wrestling in Brookfield, a training center dedicated to the sport of wrestling.

Day: Monday and Wednesday (see below)

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$79.00

Grades 5 – 8: 7:15 – 8:30 p.m. Fee: \$89.00

Dates: 1/6, 1/8, 1/13, 1/22, 1/27, 1/29, 2/3, 2/10, 2/19, 2/26

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine



Quick Start Tennis

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach

Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/23 – 3/6 (6 wks) – no class 2/13

Place: HHES Lower Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach



Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Session 1: Tuesday, 3:30 – 4:30 p.m.

Dates: 1/21 – 3/11 (8 wks) Fee: \$40.00

Session 2: Friday, 3:30 – 4:30 p.m.

Dates: 1/24 – 3/7 (6 wks) – no class 2/14 Fee: \$30.00

Time: 3:30 – 4:30 p.m.

Place: HHES Lower Gym Instructor: Dane Heckmann

Intro to Breakdancing Grades 2-4

Breakdancing, breaking, boying, or b-girling is a popular style of street dance that was born and developed as part of hip-hop culture among African Americans and Latino youth in Bronx, New York in the 1970's. As a hip-hop dance, it is usually danced to hip hop music, and incorporates intricate body movements, strong acrobatic moves, coordination, style, spontaneity, and fashion. The dancers often participate in battles, formal or informal dance competitions between two or more individuals or dancing crews. Bus transportation is provided on bus#9 at dismissal from HHES. Please send in a blue note each week. Parent pick-up is at 5:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Monday Time: 4:15 – 5:15 p.m.

Dates: 1/27 – 3/24 (8 wks) – no class 2/17 Fee: \$108.00

Place: Spirit Evolution & Athletics Training Center LLC

New~ Hip Hop for Grades 2-4

This introductory level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment. Students will learn a new set of combinations and routines every time. Bus transportation is provided on bus#9 at dismissal from HHES. Please send in a blue note each week. Parent pick-up is at 5:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Wednesday Time: 4:15 – 5:15 p.m.

Dates: 1/29 – 3/26 (8 wks) – no class 3/12 Fee: \$108.00

Place: Spirit Evolution & Athletics Training Center LLC

CHEER*NASTICS

Athletes in grades 2 – 4 will improve their balance, flexibility, agility, and strength needed to perform tumbling skills in gymnastics and cheer. Easy enough for beginners but challenging enough for all current gymnasts and cheerleaders, classes will be geared toward the specific interests and abilities of the students enrolled. Please bring workout clothes, socks and clean sneakers. Bus transportation is provided on bus#9 at dismissal from HHES. Please send in a blue note each week. Parent pick-up is at 5:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Friday Time: 4:15 – 5:15 p.m.

Dates: 1/31 – 4/4 (7 wks) – no class 2/14, 3/14, 3/21

Place: Spirit Evolution & Athletics Training Center LLC

Fee: \$126.00



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 2 – 4 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 3:30 – 4:30 p.m.

Session 1: 1/24, 1/31, 2/7, 2/21, 2/28 (5 wks)

Session 2: 3/28, 4/4, 4/25, 5/2, 5/9 (5 wks)

Place: HHES Room Fee: \$86.00/session

Huckleberry After School, continued



Basic Drawing and Watercolor

Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their

ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.

Dates: 1/21 – 3/11 (8 wks) Fee: \$85.00

Place: Huckleberry Hill School

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are required to bring their own goggles.

Session 1: Monday 3:30 – 4:30 p.m. Fee: \$35.00

Dates: 1/27 – 3/17 (7 wks) – no class 2/17

Instructors: Eli Kessler and Matt Novacco

Session 2: Wednesday 3:30 – 4:30 p.m. Fee: \$40.00

Dates: 1/22 – 3/12 (8 wks)

Instructors: Matt Novacco and Grant Nygaard

Place: HHES Lower Gym

Stretch & Glow Yoga I ages 6-10

This class introduces more challenging yoga poses and yoga games in a playful and supportive atmosphere. We will focus on balance, coordination and flexibility as we practice holding poses for a longer period of time. Children will learn breathing exercises that can help them maintain focus and self-control during their busy school days.

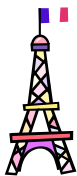
Day: Tuesday Time: 4:45 – 5:45 p.m.

Session 1: 1/14 – 2/18 (6 wks)

Session 2: 3/4 - 4/8 (6 wks)

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith Fee: \$90.00/session



French Fantastique

Offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography,

famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French.

Day: Friday Time: 7:50 – 8:40 a.m.

Dates: 1/24 – 3/21 (8 wks) – no class 2/14

Place: HHES Room

Instructor: Margee Minier Fee: \$79.00

Español para Niños y Niñas

There are over 300 million Spanish-speakers in over 20 countries around the world -including the United States. Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce children in grades 2 – 4 to conversational Spanish and to the colorful Latino culture through songs, games, and crafts.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 1/22 – 3/12 (8 wks) Fee: \$79.00

Place: HHES Room Instructor: Anna Prendi

Huckleberry After School, continued



Bowling

Each class features two games of bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to the school, please include that your

child is attending bowling on bus #9. Pick-up is at Brookfield Lanes. Students may bring money with them in order to purchase a snack at the snack bar. Please note that the 3:30 p.m. start includes transportation time. Students do not arrive at Brookfield Lanes until approximately 4:15 p.m.

Day: Thursday Time: 3:30 - 5:30 p.m.

Session 1: 1/23, 1/30, 2/6, 2/20 (4 wks)

Session 2: 3/6, 3/13, 3/27, 4/3 (4 wks)

Instructors: Dane Heckmann and Eli Kessler

Place: Brookfield Lanes Fee: \$52.00/session

Animation Moviemaker

Clay and animation, what a perfect combination! Working in teams, students in grades 2 – 4 do it all, from story creation to making the characters and building the sets. As they learn the production process they will use DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies.

Day: Wednesday Time: 3:30 – 4:45 p.m.

Dates: 1/15, 1/22, 1/29, 2/5, 2/12 (5 wks)

Place: HHES Room Fee: \$95.00

LEGO Robotics

Designed by the MIT Media Lab, Lego® WeDo Robotics introduces young students (grades 2-4) to the world of construction and computer programming. Building with colorful Lego bricks, electric motors and sensors, the robots are brought to life in a simple drop and drag computer programming environment. All new models this winter.

Day: Wednesday Time: 3:30 – 4:45 p.m.

Dates: 3/5, 3/12, 3/19, 3/26, 4/2 (5 wks)

Place: HHES Room Fee: \$95.00



Learn to Ice Skate Grades 1-4

This is a new skater program, for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Included is a free skating pass so that participants may practice at no charge during any public skating session for the seven week duration of the program, as well as skate rentals if needed.

Day: Saturday Time: 11:30 a.m. – 12:00 p.m.

Dates: 3/1 – 4/12 (7 wks) Fee: \$126.00

Place: Danbury Ice Arena, 1 Independence Way



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 2/3/14 to be considered for the spring and summer program guide.

Basic Drawing and Watercolor

Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.
 Dates: 1/27 – 3/17 (7 wks) – no class 2/17
 Place: WMS Art Room Instructor: Victoria Lange
 Fee: \$74.00

American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they

need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Thursday Time: 9:00 a.m. – 3:00 p.m.
 Date: 2/13 (no school) Fee: \$65.00
 Place: Town Hall Meeting Rm. Instructor: Peggy Boyle

Intro to Breakdancing Grades 5-8

Breakdancing, breaking, boying, or b-girling is a popular style of street dance that was born and developed as part of hip-hop culture among African Americans and Latino youth in Bronx, New York in the 1970's. As a hip-hop dance, it is usually danced to hip hop music, and incorporates intricate body movements, strong acrobatic moves, coordination, style, spontaneity, and fashion. The dancers often participate in battles, formal or informal dance competitions between two or more individuals or dancing crews. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Monday Time: 3:15 – 4:15 p.m.
 Dates: 1/27 – 3/24 (8 wks) – no class 2/17 Fee: \$108.00
 Place: Spirit Evolution & Athletics Training Center LLC

New~ Hip Hop for Grades 5-8

This introductory level Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment. Students will learn a new set of combinations and routines every time. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Wednesday Time: 3:15 – 4:15 p.m.
 Dates: 1/29 – 3/26 (8 wks) – no class 3/12 Fee: \$108.00
 Place: Spirit Evolution & Athletics Training Center LLC

CHEER*ASTICS

Athletes in grades 5-8 will improve their balance, flexibility, agility, and strength needed to perform tumbling skills in gymnastics and cheer. Easy enough for beginners but challenging enough for all current gymnasts and cheerleaders, classes will be geared toward the specific interests and abilities of the students enrolled. Please bring workout clothes, socks and clean sneakers. Bus transportation is provided on bus#11 at dismissal from WMS. Please send in a blue note to WMS giving your child permission to take bus #11 for the duration of the program. Parent pick-up is at 4:15 p.m. at Spirit Evolution & Athletics Training Center, 558 Federal Road.

Day: Friday Time: 3:15 – 4:15 p.m.
 Dates: 1/31 – 4/4 (7 wks) – no class 2/14, 3/14, 3/21
 Place: Spirit Evolution & Athletics Training Center LLC
 Fee: \$126.00

Improve Academic Writing in One Paragraph

This hands-on writing session shows a student how to analyze a piece of academic writing from the reader's point of view and make improvements to achieve greater clarity. Students will evaluate sentence structure, idea sequencing, and paragraphs. Each student should bring a writing sample of non-fiction work. The session will use one paragraph of their work for review, analysis and practice. This workshop is aimed at Middle School and HS Freshman.

Session 1: Saturday, February 8, 10:00 a.m. – 12:00 p.m.
 Session 2: Saturday, March 1, 1:00 – 3:00 p.m.
 Fee: \$35.00/session
 Place: Brookfield Tutoring Center, 270 Federal Road
 Instructor: Nancy Sutherland, Master Writing Instructor

Successful Study Skills



Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday Time: 10:00 a.m. – 12:00 p.m.
 Date: 2/1 Fee: \$35.00
 Place: Brookfield Tutoring Center, 270 Federal Road
 Instructors: Marilyn Eliason and Steven Angelo

Stretch & Glow Tween Yoga

This class introduces the practice of flowing smoothly through our yoga poses to build focus, concentration and determination. A greater focus on proper alignment, arm balances and strengthening poses will help children appreciate and understand their growing bodies. Breathing exercises and relaxation techniques will help children cope with stress in their everyday lives. We will incorporate cooperative yoga games and challenges to encourage teamwork and keep yoga fun! For students age 10 - 14.

Day: Tuesday Time: 3:45 – 4:45 p.m.
 Session 1: 1/14 – 2/18 (6 wks)
 Session 2: 3/4 - 4/8 (6 wks)
 Place: SOUND, 31 Hawleyville Road, Newtown
 Instructor Kaitlin Dunseith Fee: \$90.00/session

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 through 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Now in a new location, C.A.C.T.U.S Wrestling in Brookfield, a training center dedicated to the sport of wrestling.

Day: Monday and Wednesday (see below)

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$79.00

Grades 5 – 8: 7:15– 8:30 p.m. Fee: \$89.00

Dates: 1/6, 1/8, 1/13, 1/22, 1/27, 1/29, 2/3, 2/10, 2/19, 2/26

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine

New~ Diamond Edge Training

Diamond Edge Player Development utilizes cutting edge equipment such as the Vertimax along with station to station conditioning equipment to ensure each athlete improves their explosive power, speed development, core strength, acceleration, deceleration, balance & stability, flexibility, coordination, movement mechanics while staying focused on injury reduction. At the first class students will go through baseline testing that will be repeated at the last class in order to quantify their improvement. Workouts are designed for boys and girls ages 9 and up regardless of skill or fitness level, and a 5:1 instructor to student ratio will be maintained.

Session 1: Tuesday, 6:30 – 7:45 p.m.

Dates: 2/4 – 3/25 (8 wks)

Session 2: Thursday, 6:30 – 7:45 p.m.

Dates: 2/6 – 3/27 (8 wks)

Session 3: Saturday, 11:15 a.m. – 12:30 p.m.

Dates: 2/8 – 3/29 (8 wks)

Place: All-Star Batting Facility, 5 Production Drive

Fee: \$110.00/session



Golf Lessons for Juniors

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for

both beginners and for more experienced players who want to improve one or all aspects of their game.

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m.

at Golf Quest, 1 Sand Cut Road.

January (Monday) – 1/6, 1/13, 1/20, 1/27

February (Thursday) – 2/6, 2/13, 2/20, 2/27

March (Wednesday) – 3/5, 3/12, 3/19, 3/26

Are you Ready for SAT or ACT?

The only way to find out is take the real thing. Students start by taking an actual complete “official” SAT or ACT exam (4 hours). We also offer a hybrid SAT/ACT exam for students debating between tests. Next, an individual one hour follow-up session is scheduled with our certified admissions counselor to review the detailed exam results as well as share a simple roadmap for college planning. Note: Fee is contributed to BHS or student’s PTSO.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.

Dates: 1/18, 2/8 or 3/1 Fee: \$35.00/session

Place: Brookfield Tutoring Center, 270 Federal Rd.

Instructors: Andrew Hill, Director-College Prep; Bill Gross, Director & Certified Counselor

College Admissions Game Plan

You started the college admission process—gathered information, talked to counselors and taken PSAT and planned for or tried the SAT or ACT. Now what? How do you develop a plan for best chance of a “fat envelope”? This seminar is designed to answer these questions—When to take SAT’s again? Try the ACT? What Subject Tests (SAT II) should a student take? When should we apply? How do you complete the application and craft an effective college essay? This evening is geared to the families of Juniors involved in the process and sophomores who want a head start. Designed to answer the questions of both parents and students.

Day: Wednesday

Time: 7:00 - 8:30 p.m.

Date: 1/15

Fee: \$25.00/family

Place: Brookfield Tutoring Center, 270 Federal Road

Instructors: Andrew Hill- Director of College Prep and Bill Gross, Director



We are currently accepting applications for the following seasonal summer positions:

Lifeguard, Camp Counselor

The Town of Brookfield is an equal opportunity employer. Contact the Parks & Recreation

Office at 775-7310 for more information or to request an application. Applications are also available for download from our website. Deadline for applications: 3/28/14

Youth Employment Program

Pretty soon snow is going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and shoveling, but raking, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you’re going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfieldct.gov or call 775-7310.

Youth Sports Spring Registration



Brookfield Soccer Club **Spring 2014 Registration**

www.brookfieldsoccer.org

Keep an eye on the website as registration will be opening soon. Register early to avoid being turned away! Travel registrations (U9 through U14) will be closed by early March. In-house registrations (U6 and U8 programs) will remain open through the beginning of April.

Brookfield Baseball and Softball Association

Spring 2014 Registration

New Website - BrookfieldCt.BabeRuthonline.com

Wednesday, January 8 7:00 - 9:00 p.m. BHS Cafeteria
Wednesday, January 15 7:00 - 9:00 p.m. BHS Cafeteria
Wednesday, January 29 7:00- 9:00 p.m. BHS Cafeteria
Wednesday, February 5 7:00 – 9:00 p.m. BHS Cafeteria

BBSA Spring 2014 registration will be held in the cafeteria of Brookfield High School. Registration is open to Brookfield residents only. First time players must provide a copy of their birth certificate. Fee due at registration and will vary according to League. White baseball pants and black softball shorts will be available for purchase at registration. **A \$25.00 per child late fee will be assessed on all registrations received after the last registration date (2/5/14).**

Brookfield Lacrosse Club Spring 2014 Registration

www.brookfieldlax.org

Registration for the Brookfield Lacrosse Club's spring 2014 season is open online at www.brookfieldlax.org now through March 31. Register before January 1st for best rates. The Brookfield Lacrosse Club is open to players of all abilities; both new and experienced players are encouraged to join. The club offers a clinic program at a reduced registration fee of \$65 for the younger kids- Boys in grades K-1 and Girls in grades K-2. Travel teams are available for boys in grades 2-8 and girls in grades 3-8. Indoor winter time is available at the new Danbury Dome for boys and girls in grades K-8 that register before Dec. 31. Fees and schedules vary by team. Visit www.brookfieldlax.org or contact Kevin Madden, Club President, at Laxmadden7@yahoo.com; Anthony DiBenedetto, Boys Program Coordinator, at adibo@charter.net; or Catherine Haase, Girls Program Coordinator, at catherinevhaase@gmail.com.

Community Connection

Brookfield Lions Club Community Garden

The Brookfield Lions are currently accepting applications for open plots at the Community Garden on the Gurski Homestead Property. If interested, please visit their website at <http://www.e-clubhouse.org/sites/brookfieldct/projects.php> to download an application.

Positive Discipline of Western Connecticut

Positive Discipline of Western Connecticut is a 501(c)(3) charity that promotes and encourages the development of life skills and respectful relationships in families, schools, and businesses in our local communities. We will provide classes to parents, caregivers, educators, and youth development workers, teaching how to raise a child using Positive Discipline skills. For more information and class registration, visit positivedisciplinewesternct.org.



Frequently Requested Phone Numbers

AARP	Shirley Gervasoni	740-0067
	Shirley.gervasoni@sbcglobal.net	
Boy Scouts	Ray Pflomm	775-8167
Brookfield Baseball & Softball	Steve Harding	703-859-3307
	Field Hotline	775-5238
Brookfield Education Foundation (BEF)	Colette Sturm	740-0826
	www.brookfieldeducationfoundation.org	
Brookfield for Youth Football & Cheer	Kathy Drysdale	775-3569
	kathydrysdale@charter.net	
	www.eteamz.com/bfyf	
Brookfield Lacrosse	Kevin Madden	775-4434
	Field Hotline	775-5240
Brookfield Soccer	Field Hotline	775-5239
Candlewood Lake Authority	Larry Marciano	860-354-6928
CT DEEP Boating Division		860-434-8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Joanne McKendry	775-3890
Girl Scouts	www.brookfieldscouts.org	
Lion's Club	Alan Smith	775-8716
	anniekatesdad@aol.com	
MOMS Club® of Brookfield West	Besa Kelley	203-885-0535
	themomsclubofbrookfield@gmail.com	
Brookfield Newcomers and Neighbors		
www.brookfieldnewcomers.com		
Positive Discipline of Western CT, Inc.	Carol Does	203-794-6106
Senior Center	Ellen Melville	775-5308
Rotary Club	Russ Cornelius	775-8010
Women's Club of Brookfield	Marie Yapoujian	775-1089
	Janice Leggett	775-9662



PRSR STD
ECRWSS
USPOSTAGE
PAID
EDDM RETAIL

P.O. Box 5106 Brookfield, CT 06804
(203)775-7310

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Donna Korb, Administrative Assistant

POSTAL PATRON

Brookfield, CT 06804

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty Rick Lamparelli



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

COMMISSION:

Sara Kincade, Chair
Ed Butt, Co-Vice Chair
Joei Grudzinski, Co-Vice Chair
Rob Blick Dave Keefe
Bryan Chnowski Tony Tomaino
Elaine Rajcula, Commission Secretary

The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

WHAT'S INSIDE...

Adult Education	p. 3 - 5	Adult Fitness	p. 6 - 8
Brookfield High School	p. 14	Center School Activities	p. 9 - 10
Community Connection	p. 15	Decorative Arts	p. 6
Get Out of Town	p. 2	Huckleberry Hill Activities	p. 11- 12
Special Events	p. 2	Tots Activities	p. 9
Whisconier Activities	p. 13 - 14	Youth Leagues Spring Registration	p. 15

Registration for winter programs begins Monday, January 6